



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 35233, Hazelnuts, beaked (Northern Plains Indians)

Report Date: July 16, 2017 03:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	5.92	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Energy	kcal	628	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Energy	kJ	2629	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Protein	g	14.89	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Total lipid (fat) <sup>1</sup>	g	52.99	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Ash <sup>1</sup>	g	3.22	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Carbohydrate, by difference	g	22.98	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Fiber, total dietary <sup>1</sup>	g	9.8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
<strong>Minerals</strong>													
Calcium, Ca <sup>1</sup>	mg	441	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Iron, Fe <sup>1</sup>	mg	3.12	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Magnesium, Mg <sup>1</sup>	mg	235	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P <sup>1</sup>	mg	411	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Potassium, K <sup>1</sup>	mg	738	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Sodium, Na <sup>1</sup>	mg	2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Zinc, Zn <sup>1</sup>	mg	2.06	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Copper, Cu <sup>1</sup>	mg	1.200	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Manganese, Mn <sup>1</sup>	mg	7.600	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
<b>Vitamins</b>													
Thiamin <sup>1</sup>	mg	0.480	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Riboflavin <sup>1</sup>	mg	0.160	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Niacin <sup>1</sup>	mg	3.190	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Vitamin B-6 <sup>1</sup>	mg	0.550	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 10a, 2005 Beltsville MD